

**Independent Perspective #1897 with MHPC Assistant Director Cathie Campbell**  
**Topic: Substance Use Disorder Support Groups**

## Transcript

00:00:00 Speaker 1

Welcome to Independent Perspective, a public affairs presentation of Western New York Independent Living.

00:00:06 Speaker 1

An agency of Western New York Independent Living, Mental Health Peer Connection is an organization run for and by people with behavioral health disabilities.

00:00:14 Speaker 1

One of the hallmarks of MHPC's work is finding ways to open lines of communication to support consumers.

00:00:23 Speaker 1

This work can be accomplished through support groups taking one of two tracks:

00:00:28 Speaker 1

substance use disorder, or mental health disorder.

00:00:31 Speaker 1

Joining us today to talk about some of the options available for those dealing with substance use disorder is MHPC's Assistant Director, Cathie Campbell.

00:00:41 Speaker 1

Welcome to the program, Cathie.

00:00:43 Speaker 2

Thank you for having me, Ernie.

00:00:45 Speaker 1

It's our pleasure.

00:00:46 Speaker 1

Can you tell me why it's important for someone experiencing substance use disorder to seek support?

00:00:52 Speaker 2

Seeking support is a crucial part of recovery because substance use disorder can be isolating, overwhelming, and difficult to manage.

00:01:02 Speaker 2

So those supports provide connection and community, which reduces isolation, tools and skills to help them manage urges, stresses, everyday challenges,

00:01:14 Speaker 2

accountability and encouragement to help them stay motivated, in a safe, non-judgmental environment where they can talk openly about those experiences.

00:01:25 Speaker 1

Boy, it really provides a lot of things for somebody with substance use disorder, doesn't it?

00:01:31 Speaker 2

Yes, it does.

00:01:32 Speaker 1

Can you tell us a little bit about the particular support groups available for people experiencing substance use disorder?

00:01:39 Speaker 2

At MHPC, for our recovery programs, we offer SMART Recovery, which is a science-based, skills-focused support group for anyone seeking recovery from addictive behaviors.

00:01:52 Speaker 2

SMART stands for Self-Management and Recovery Training, and the program teaches practical strategies based on cognitive, behavioral tools, including identifying and managing urges, challenging unhelpful thoughts, building motivation, and creating a balanced lifestyle.

00:02:13 Speaker 1

What about the loved ones and caretakers of those experiencing substance use disorder?

00:02:18 Speaker 1

What support is available for them?

00:02:20 Speaker 2

We offer family members both one-on-one and family and friends smart recovery, which allows them to learn how to understand substance use through a compassionate view.

00:02:33 Speaker 2

It helps them learn how to communicate strategies that will strengthen relationships.

00:02:38 Speaker 2

It reduces stress and improves self-care.

00:02:42 Speaker 2

Loved ones often carry their own emotional burden, and this group provides a supportive space for them to learn, share, and feel

00:02:50 Speaker 2

less alone.

00:02:51 Speaker 1

Sounds like your support groups really cover a lot of bases, but I'm sure that some people listening are still going to have questions about the groups.

00:03:03 Speaker 1

Can you tell us about who offers the groups and they should go to for guidance?

00:03:10 Speaker 2

I think the easiest way to meet my recovery team is to call our A to A, F to F team hotline, which is available seven days a week from 8:30 to 11 p.m.

00:03:22 Speaker 2

It's an answering service and then they dispatch that message to all the staff on the team.

00:03:29 Speaker 2

They can call 716-836-2726.

00:03:36 Speaker 1

I imagine if people want more details about A2A, F2F, you or one of your cohorts would be the person they should talk to.

00:03:44 Speaker 1

What's a good contact number for you?

00:03:47 Speaker 2

Just gave you the number.

00:03:48 Speaker 1

Oh, well, could you repeat it, please?

00:03:50 Speaker 1

Because you...

00:03:51 Speaker 2

716-836-2726.

00:03:56 Speaker 2

That'll let them link up with the whole entire team.

00:03:59 Speaker 1

Wonderful.

00:04:00 Speaker 1

I thank you so much for being with us, Cathie.

00:04:04 Speaker 2

You're welcome.

00:04:05 Speaker 1

You've been listening to Independent Perspective, a public affairs presentation of Western New York Independent Living.

00:04:12 Speaker 1

Our guest today was Cathie Campbell, Assistant Director of Mental Health Peer Connection, dealing with all the aspects of substance use disorder that they deal with.

00:04:23 Speaker 1

And thank you so much for being with us, Cathie.

00:04:26 Speaker 2

Oh, you're welcome, Ernie.

00:04:27 Speaker 2

Thank you for having me.